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Monday, November 23, 2015 metro.us | t: MetroNewYork | f: MetroNewYork

JETS STARTING TO FALL APART

Houston dropped the Jets to 5-5 on the season. 29

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HIGH TIMES

Women, chronically underrepresented in boardrooms, are taking the lead in the weed industry. 8-9

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TUNE IN TO MACY'S THANKSGIVING DAY PARADE AND SEE THE CAST PERFORM LIVE!

NBC · THURS. NOV 26 at 9AM

NOW ON BROADWAY!

Fiddler on the Roof

PHOTO BY HENRY LEUTWYLER

BELGIUM EXTENDS ALERT

1 Belgium said it faced a serious and imminent threat of a Paris-style attack, and kept Brussels on maximum alert on Monday as security forces searched for militants thought to be at large in the capital. Prime Minister Charles Michel said the capital's metro, universities and schools would be closed on Monday. REUTERS

FATAL LANDSLIDE

2 Nearly 100 bodies have been pulled from a landslide near a jade mine in Myanmar's northern Kachin State, local officials said on Sunday, and hopes are dwindling that any of an estimated 100 people missing will be found alive. The landslide happened when a mountain of mining debris gave way in the early hours of Saturday in Hpakant, an area that produces some of the world's highest-quality jade. The mines and debris dump sites are hazardous and deadly accidents are common. REUTERS

REPORTER SENTENCED

3 An Iranian court has sentenced Washington Post reporter Jason Rezaian to a prison term, the state news agency said on Sunday quoting the judiciary spokesman, a case that is a sensitive issue in contentious U.S.-Iranian relations. The length of the prison term was not specified. REUTERS

CAT RESCUED

7 An NYPD officer administered CPR on a cat that was rescued from a residential fire on 88th Street in Middle Village, Queens.

MAIN PHOTO BY TWITTER/@ W104 PCT, ALL OTHER PHOTOS BY GETTY IMAGES

TRIATHLON BIKE STOLEN

4 Cops want to find a man they said two-wheeled away with a triathlon bike. The man was seen on surveillance video taking off with the bike, which the owner had chained outside the Brooklyn Brewery, on Nov. 8. Described as a white man between the age of 30 and 40, the suspect was last seen wearing a green, hooded jacket, gray jeans and black sneakers. CHESTER SORIA

MIDWEST EARLY SNOW

5 A heavy fall snowstorm hit the Midwest, blanketing states from South Dakota to Wisconsin with as much as 16 inches of snow, slowing air travel and delaying some events for U.S. presidential candidates. The storm was forecast to travel east into the Great Lakes region, reaching Michigan and upstate New York, according to the National Weather Service. It forecast widespread accumulations of 4 to 8 inches of snow. Forecasters warned that trees that had not already dropped their leaves could be damaged by the heavy, wet snow. REUTERS

ATTEMPTED RAPE ARREST

6 A homeless man was arrested less than 24 hours after he allegedly attempted to rape a 62-year-old woman in her apartment building lobby. The man, identified as Rubicel Sanchez, was arrested late Friday after two police officers nabbed him for urinating in public near 62 East Broadway in Chinatown. CHESTER SORIA

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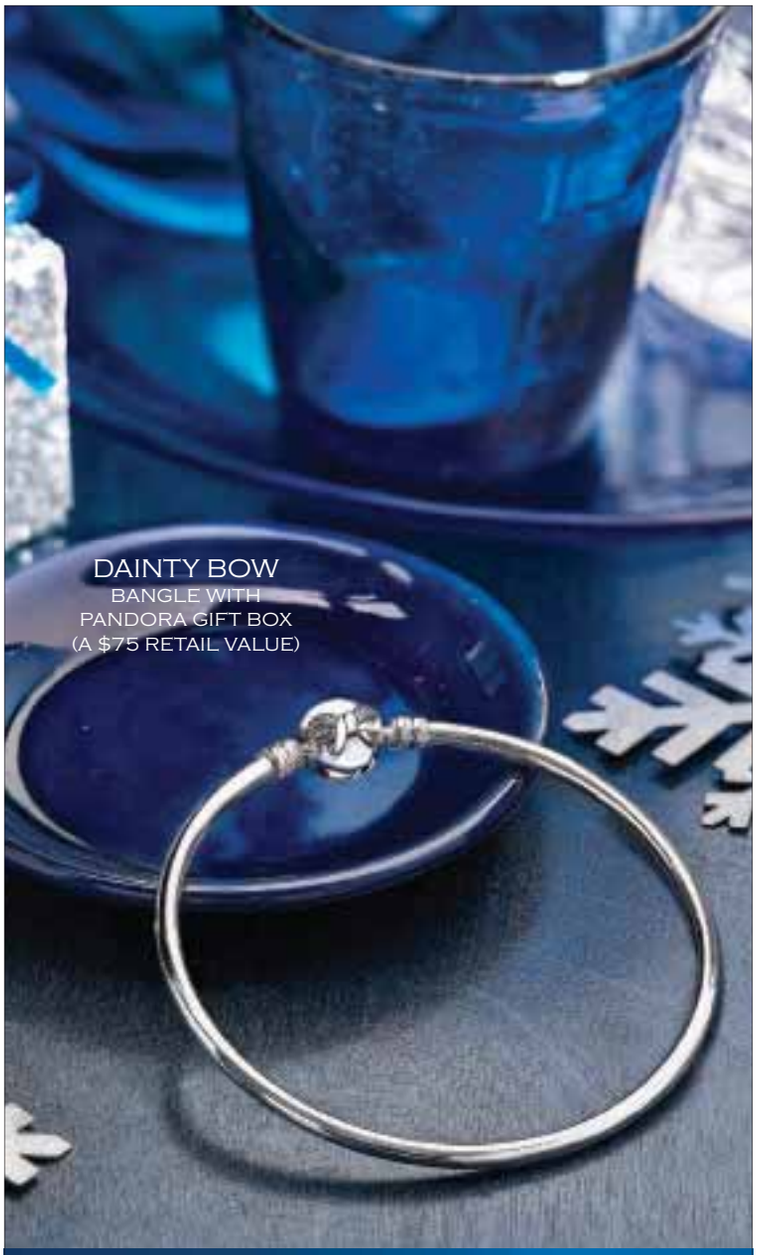

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NYPD

Congress should act on gun sales to suspected terrorists: Bratton

New York City's top cop calls on federal lawmakers to cut off watch list suspects' access to arms.

CHESTER SORIA
@chestersoria
chester.soria@metro.us

NYPD Commissioner Bill Bratton called on Washington, D.C., to worry less about Syrian refugees and more about the suspects on the FBI's terrorist watch list.

"If Congress really wants to do something instead of just talking about something, help us out with that Terrorist Watch List," Bratton said on NBC's "Meet the Press" Sunday morning.

"Those thousands of people can purchase firearms in this country," he said. "I'm more worried about them than I am about Syrian refugees."

Bratton made the statement while standing alongside Homeland Security Secretary Jeh Johnson after the NYPD held a series of simulated shooting and terror attacks in lower Manhattan.

The exercises mimicked the circumstances around the coordinated attacks in Paris on Nov. 13 that killed 130. The extremist group Islamic State took credit for the attacks.

Increasing political pressure led to a rash of largely conservative lawmakers around the country seeking to ban refugees from Syria, where investigators believe at least one of the Paris attackers hailed from.

Meanwhile, Democrats in D.C. began a new push for legislation introduced by former President George W. Bush's Justice Department to ban any individual on the FBI's watch list of possible extremists from legally purchasing guns.

Multiple attempts to pass similar bills have stalled before, which critics blame on the National Rifle Association's opposition to the legislative reform.

"The NRA's only objective is to ensure that Americans who are wrongly on the list are afforded their constitutional right to due process," said NRA spokeswoman Jennifer Baker in a statement Friday.

Still, Bratton repeated his call to action to federal authorities.

"If Congress really wants to do something to help the American law enforcement community and the American public," he said, "let's start getting serious about doing something that they can actually do something about."

BRIEFS

Component Car rental companies overcharging New Yorkers for E-Z Pass: Report
Days ahead of what is expected to be one of the busiest holidays on highways across the country, New York City's comptroller said residents relying on rental car companies are getting overcharged for E-Z Pass access.

In a report released Sunday, Stringer noted that eight out of 11 car rental companies charge customers for E-Z Pass at the cash rate instead of the discounted rate for the pass — easily doubling or tripling what actual pass owners pay.

The comptroller's office based their conclusions on a four-day trip to Schenectady from Brooklyn via the New York State Thruway and the George Washington Bridge.

The trip would usually cost E-Z Pass owners about $23 in tolls. That number jumps to as low as $41.40 to a high of $85.96 for renters.

Stringer noted that more than half of the city's residents do not own a car, forcing them to rely on car rental services.

"Rental car companies shouldn't be allowed to saddle these consumers with unfair E-Z Pass charges," the comptroller said in a statement. "At this time of year, New Yorkers should be using their hard-earned money to put turkey on the table, not line the pockets of car rental companies."

Stringer, a former state assemblyman for Manhattan, wants a state law to force rental car companies to pass on what they save on E-Z Pass charges onto customers' bills, and that customers expect a clear explanation of how much they can expect to shell out for the pass. CHESTER SORIA

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Trump: 'We have to surveil the mosques'

The GOP presidential candidate keeps calling out the mayor on counter-terrorism efforts.

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GETTY IMAGES

GOP presidential front-runner Donald Trump blasted Mayor Bill de Blasio on Sunday, accusing him of shutting down the NYPD's controversial unit tasked with conducting surveillance of the local Muslim community.

"I want mosques surveiled. We were doing it in New York City for a while until the worst mayor that New York City has ever had got elected — de Blasio, which was a fluke," Trump said on ABC's "This Week."

Trump went on to say that "a very good source" told him authorities were getting "big material and good material."

"They were stopping problems and potential problems by learning what was happening," Trump said.

The statement comes days after NYPD Commissioner Bill Bratton repeatedly defended his decision to close the department's demographics unit in 2014.

"Is that an appropriate use of a dozen police detectives who are supposed to be helping in the fight against terrorism?" Bratton asked at a panel event Thursday. "That not a single piece of actionable intelligence came out of their multi-years of work."

A spokeswoman for Trump did not immediately respond to a request for comment.

The real estate magnate turned political figure doubled down on his Twitter attack of de Blasio from Friday, in which he told the mayor to "focus on running #NYC & all of the problems that he has caused with his ineptitude, & not be so focused on me!"

Earlier in the day, de Blasio voiced support for his commissioner.

"Who are you going to trust on security and keeping people safe?" de Blasio said on WOR710 radio. "Bill Bratton or Donald Trump?"

NYC stays cool but dry

Less than a month before winter officially kicks off, New Yorkers can expect the weather to say dry but cool through Thanksgiving.

The unseasonably warm days of the last few weeks dissipated by Monday morning as it kicks off week expected to stay at or below 60 degrees, spending more time closer to 50s, according to the National Weather Service.

New Yorkers bundled up Sunday and will need to do so again on Monday when the mercury should stay below 50 degrees all day.

Tuesday in particular might be chillier than most of the week, when the windchill should bring early temps to around 30 degrees. Winds die down by Wednesday, which could see a high of 50 degrees.

Things will warm up a little come Thanksgiving Day and on Friday, with mostly sunny skies on both days and an expected high of 60 degrees on Friday.

The weekend might get a little wet, however, with clouds and a chance of rain come Saturday.

Any rain should clear up before the week's end, with meteorologists predicting a mostly sunny albeit cool Sunday with highs returning to 46 degrees.

CHESTER SORIA

BRIEFS

Please donate to the Metro Magic annual holiday toy drive during the 2015 holiday season.

In keeping with the holiday spirit of giving, Metro is once again launching Tony's Metro Magic, our annual toy drive for underprivileged children in Boston, New York and Philadelphia.

This year marks the 7th anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor-in-chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive. We are now asking readers to contribute what they can to Tony's Metro Magic.

Metro has created a wish list at the Target website that readers can access by going to www.metro.us and clicking on the Tony's Metro Magic logo.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season. METRO

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New highs for women in weed biz

As marijuana laws change across the country, there's a group out there making sure women get a seat at the table.

DAN KELLEY
@MetroPhilly
dan.kelley@metro.us

In an upstairs bar in Philadelphia's Headhouse Square neighborhood in early November, Stephanie Thomas stood in front of a group of roughly two dozen with a simple message.

"This industry is never going to be this small again," Thomas said.

She was talking about the marijuana industry. And in Pennsylvania, quite simply, there is no industry — at least no legal one.

But as legalization of marijuana moves across the country, Thomas is at the forefront of a movement that is trying to make sure women get in on the ground floor in what they are betting is a sure thing: legalization for recreational users in the not-too-distant future.

"Women are underrepresented in management positions in the majority of industries across the country," Thomas said. "But in this industry, the door is wide open for everyone."

With several states, including New York and Massachusetts, implementing medical marijuana and others expected to allow recreational marijuana in coming years, one industry observer, The Arcview Group has predicted that the cannabis industry is expected to group four-fold between 2015 and 2019, to $10.9 billion — a size that is roughly double the U.S vodka market.

Thomas is a co-chair of the Philadelphia chapter of Women Grow, a year-old organization focusing on women in weed that has sprouted 35 chapters across the country, including in Boston and New York.

They see opportunity not just in growing and distributing the plant itself, but in tools for wellness, tech startups, accounting, finance, real estate and accessories — all businesses that don't involve touching the plant.

"I've always loved cannabis," said Shanel Lindsay, the founder of Boston-based Ardent Cannabis, the maker of a machine called the Nova that uses heat to convert the main psychotropic compound in marijuana to an edible form.

Ardent Cannabis. ALL PHOTOS NICO-

There are strong indications that women already play a significant role in the industry. One survey by Marijuana Business Daily found that 36 percent of cannabis company executives are women. The average for all U.S. businesses is about 22 percent, according to the U.S. Census Bureau.

"A big part of this business is mainstreaming this product," Lindsay said. "When these companies have a strong woman on their team, it's easy for her to take that leadership role."

Jane West, a founder of Women Grow, noted that the survey relied on voluntary responses of businesses, so the numbers may not be accurate as women find their footing in the industry.

"At my very first networking event, not only did I not know anyone there, I didn't know what they were talking about," West said.

"The industry is male dominated," said Melissa Meyer, a New York City-based founder of HealthMJ, a website that provides information about the use of marijuana to treat a range

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LAUS CZARNECKI/METRO

Shanel Lindsay, CEO of Ardent Cannabis.

"The women coming into the industry are particularly sophisticated. These are women with backgrounds in law, tech and finance."

Meyer

of illnesses. "That was true when it was in the black market. But the women coming into the industry are particularly sophisticated. These are women with backgrounds in law, tech and finance." Meyer has a law degree from Georgetown, but doesn't practice.

Still, there's a stigma over the industry that may mask how many women are actually in the business. People and companies who operate in the marijuana industry don't mention it on their LinkedIn pages, she said. And at a recent meeting of Women Grow, a representative of an accounting business seeking to provide services to the cannabis industry declined to be interviewed, in part because they didn't want to scare off conservative clients.

Despite those concerns, entrepreneurs are using networks like Women Grow to find capital they need to start businesses.

That is leading them to the door of Jessica Geran, director of corporate finance at Boston-based Dutchess Capital, one of the few financiers that has been active and open about their investments in the industry.

"The whole marijuana thing was a side project," Geren said. "It's [now] 75 percent of what we do on a daily basis."

Most of the investments are relatively small — in part because legal marijuana markets, medicinal and otherwise, are confined to the states in which they operate.

That has created room for everybody, including women.

"There's no established CEOs no big time guys in suits," Geran said. "It's just a matter of being the best."

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NYPD runs active shooter drill on Lower East Side

PHOTOS PROVIDED BY NYPD

Police officers ran a series of exercises in lower Manhattan on Monday that mimicked how counterterrorism units would respond to threats of active shooters and suicide bombers in the subway system. Joined by representatives from the FBI and Homeland Security, the police department worked with the FDNY to prepare for first response should it be necessary. "In New York City, we are at this time very well prepared and continually improving that preparedness," said top cop Bill Bratton. CHESTER SORIA

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(Continued on next page)

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PHOTO ENLARGEMENT SHOWS ENGRAVING DETAIL

(Continued from previous page)

at least two Vault Bricks is also getting free shipping and free handling. That's a real steal because all other state residents must pay over six hundred dollars for each State Vault Brick.

Just a few weeks ago, nobody knew that the only U.S. State Silver Bars locked away in the private vaults of the Federated Mint would be released to residents in 6 states. Every single one of the 50 U.S. State Silver Bars are date numbered in the order they ratified the Constitution and were admitted into the Union beginning in the late 1700s.

"As Executive Advisor to the Federated Mint I get paid to deliver breaking news. So, for anyone who hasn't heard yet, never before seen U.S. State Silver Bars are now being handed over at just the state minimum to residents in 6 states who beat the offer deadline, which is why I pushed for this announcement to be widely advertised," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

"These heavy bars are solid .999 pure fine silver and will always be a valuable precious metal which is why everyone is snapping up as many as they can before they're all gone," Withrow said.

There's one thing Withrow wants to make very clear. State residents only have two days to call the Toll Free Order Hotlines to get the U.S. State Silver Bars.

"These valuable U.S. State Silver Bars are impossible to get at banks, credit unions or the U.S. Mint. In fact, they're only being handed over at state minimum to MA, NH, VT, RI, CT and NY residents who call the Toll Free Hotline before the deadline ends two days from today's publication date", said Timothy J. Shissler, Executive Director of Vault Operations at the private Federated Mint.

To make it fair, special Toll Free Overflow Hotlines have been set up to ensure all residents have an equal chance to get them.

Rapid shipments to state residents are scheduled to begin with the first calls being accepted at precisely 8:30am today.

"We're bracing for all the calls and doing everything we can to make sure no one gets left out, but the U.S. State Silver Bars are only being handed over at just the state resident minimum for the next two days or until they're all gone, whichever comes first. For now, residents can get the U.S. State Silver Bars at just the state minimum as long as they call before the order deadline ends," confirmed Shissler.

"With so many state residents trying to get these U.S. State Silver Bars, lines are busy so keep trying. All calls will be answered," Shissler said. ■

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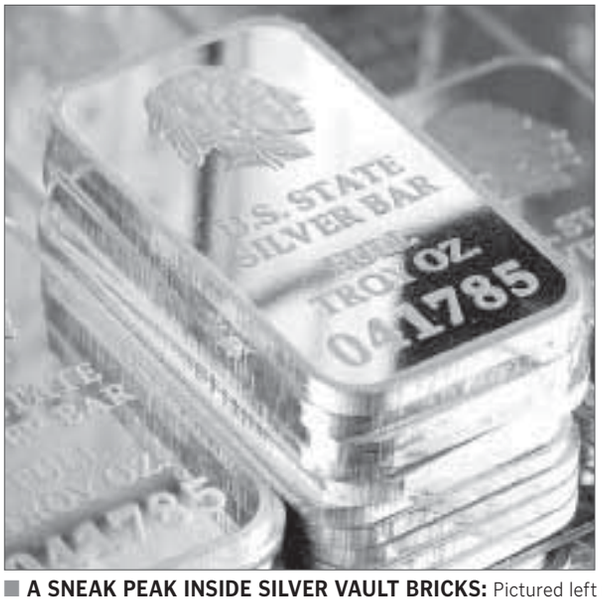

■ **A SNEAK PEAK INSIDE SILVER VAULT BRICKS:** Pictured left reveals for the very first time the valuable .999 pure fine silver bars inside each State Silver Vault Brick. Pictured right are the heavy State Silver Vault Bricks containing the only existing U.S. State Silver Bars. MA, NH, VT, RI, CT and NY residents are authorized to get individual State Silver Bars at just $57 state resident minimum. That's why nearly everyone is taking full Vault Bricks loaded with five State Silver Bars before they're all gone. And here's the best part. Every resident who gets at least two Vault Bricks is also getting free shipping and free handling. That's a real steal because all other state residents must pay over six hundred dollars for each State Vault Brick.

Authorities missed many 'red flags' before the Paris terror attacks

The attacks killed 130 people at various locations, including the Bataclan concert hall where 89 concert-goers were gunned down or blown up.

There were multiple chances to stop the men who attacked Paris.

In January, Turkish authorities detained one of the suicide bombers at Turkey's border and deported him to Belgium. Brahim Abdeslam, Turkish authorities told Belgian police at the time, had been "radicalized" and was suspected of wanting to join Islamic State in Syria, a Turkish security source told Reuters.

Yet during questioning in Belgium, Abdeslam denied any involvement with militants and was set free. So was his brother Salah – a decision that Belgian authorities said was based on scant evidence that either man had terrorist intentions.

On Nov. 13, Abdeslam blew himself up at Le Comptoir Voltaire bar in Paris, killing himself and wounding one other. Salah is also a suspect in the attacks, claimed by the Islamic State, and is now on the run.

In France, an "S" (State Security) file for people suspected of being a threat to national security had been issued on Ismail Omar Mostefai, who would detonate his explosive vest inside Paris' Bataclan concert hall. Mostefai, a Frenchman of Algerian descent, was placed on the list in 2010, French police sources said.

Turkish police also considered him a terror suspect with links to Islamic State. Ankara wrote to Paris about him in December 2014 and in June this year, a senior Turkish government official said. The warning went unheeded. Paris answered last week, after the attacks.

A French gendarme enforcing the Vigipirate plan in Paris, France. GETTY IMAGES

A fourth attacker missed at least four weekly check-ins with French police in 2013, before authorities issued an arrest warrant for him. By that time he had left the country.

On any one of these occasions, police, intelligence and security services had an opportunity to detain at least some of the men who launched the attacks.

That they did not, helps explain how a group of Islamist militants was able to organize even as they moved freely among countries within the open borders of Europe's passport-free Schengen area and beyond.

Taken one by one, each misstep has its own explanation, security services said. They attribute the lapses in communication, inability to keep track of suspected militants and failure to act on intelligence, to a lack of resources in some countries and a surge in the number of would-be jihadis.

But a close examination by Reuters of a series of missed red flags and miscommunications culminating in France's biggest atrocity since World War II puts on stark display the mounting difficulties faced by anti-terrorism units across Europe and their future ability to keep the continent safe. REUTERS

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the OsteoRelief Institute in New York City. "*The same holds true for treating knee arthritis pain. I believe we are having so much success at OsteoRelief Institute because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

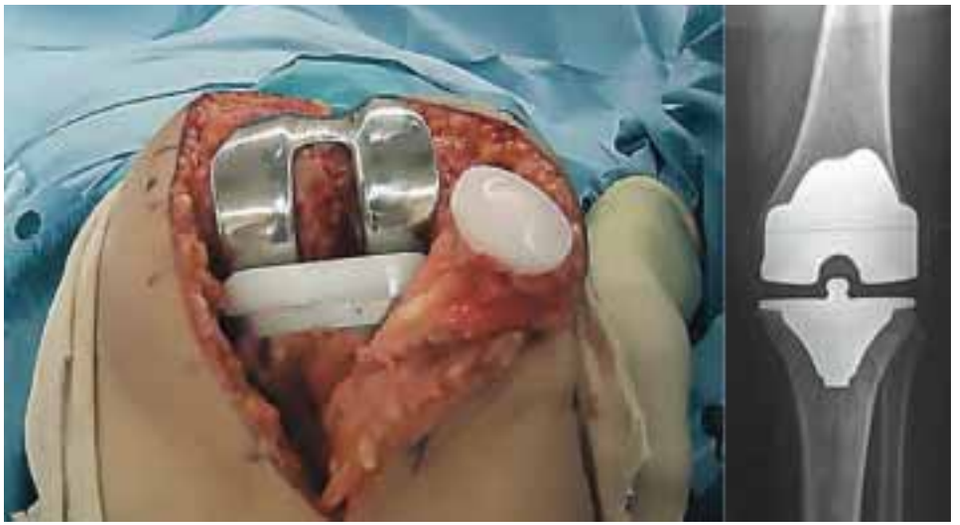
For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at OsteoRelief Institute use advanced imaging technology called a "C-Arm."

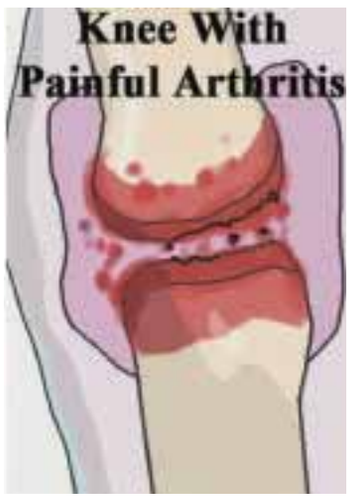
A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imagining and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to OsteoRelief Institute New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video flouroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without flouroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at Osteorelief Institute.

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

And that's not all - OsteoRelief Institute has a complete knee relief program called "P.AC.E." to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments and the P.AC.E program.

Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. OsteoRelief Institute uses this C-arm for every Hyalgan treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The specialists at OsteoRelief Institute can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

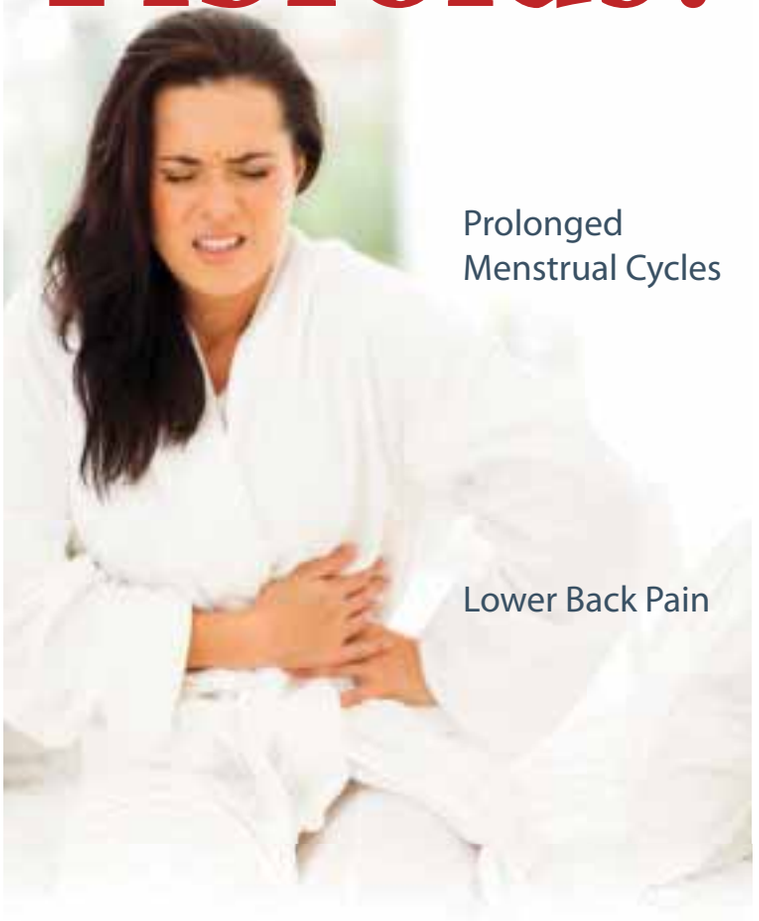
And here's something really important - Viscosupplementation treatments and the P.AC.E program are covered by most insurance and medicare. To schedule your no obligation screening or if you have any questions call 800-227-KNEE (5633).

If You Can Answer Yes -You Are Eligible For A Knee Arthritis Screening With The Experts At OsteoRelief Institute

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give OsteoRelief Institute a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).

Fibroids?



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- ☑ Pain during intercourse

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Southwest Airlines plane diverted to Missouri over 'suspicious' behavior: FBI

Southwest Airlines GETTY IMAGES

A Southwest Airlines flight from Indianapolis to Los Angeles was diverted to Kansas City and searched on Sunday after the crew reported suspicious behavior by some passengers, the FBI said.

"The flight crew diverted the flight to Kansas City out of an abundance of caution based upon suspicious behavior displayed by several passengers," FBI spokeswoman Bridget Patton in Kansas City said in a statement.

All passengers were taken off the plane and those in question were interviewed by law enforcement, Patton said. They were later rebooked to continue on a different flight, she said.

Asked what constituted suspicious behavior, Patton replied in an email that the passengers were "unruly."

Southwest said in a statement that the crew decided to divert the flight "in response to several passengers who did not follow crew instruction upon takeoff and continued to exhibit suspicious behavior in flight."

Security officials worldwide have been on high alert since Islamic State militants claimed responsibility for attacks last week in Paris that killed 130 people.

Russia has said the group was also responsible for the downing on Oct. 31 of a plane returning to St. Petersburg from the Sharm al-Sheikh resort in Egypt, killing all 224 on board.

After passengers left the plane, authorities swept the aircraft with a K-9 dog unit, Patton said. The plane, which landed in Kansas City at 7:50 a.m. CT, was reboarded and it departed at 9:20 a.m. CT for Los Angeles, she said.

It was not immediately clear how many passengers were on board the flight. REUTERS

BRIEFS

Singapore Airlines flight from U.S. lands safely amid bomb threat

Singapore Airlines said on Sunday there was a bomb threat to one of its flights which originated from San Francisco and landed safely at Singapore's Changi Airport on Sunday.

The airline, in a statement, did not provide any details of how the threat came to light or what action was taken to ensure the flight's safety. It said the matter had been referred to the authorities.

"We regret we are unable to provide details as it concerns security," the airline statement said.

Flight SQ001 landed safely at about noon Singapore time (0400 GMT), but disembarkation was delayed until around 1.30 p.m., state-owned Channel NewsAsia reported.

Singapore police said in a statement they had conducted security checks and nothing suspicious was found on the plane or among its passengers.

The incident came as a Turkish Airlines flight bound for Turkey from New York was diverted to Halifax, Canada, after a bomb threat, Canadian police said on Sunday. REUTERS

No bomb found on Turkish Airlines plane diverted to Canada, resumes journey

No explosives were found on a Turkish Airlines flight diverted to Halifax, Canada, after a bomb threat and the plane was cleared to continue its journey, Canadian police and the airline said on Sunday.

The flight, originally bound for Istanbul from New York, has now safely departed, Halifax Stanfield International Airport said on Twitter.

Security officials have been on high alert since Islamic State militants claimed responsibility for attacks this month in Paris that killed 130 people. Russia has said the group was also responsible for the downing on Oct. 31 of a plane returning to St. Petersburg from the Sharm al-Sheikh resort in Egypt.

The Turkish Airlines plane had been diverted after a threat was received at 10:50 p.m. ET on Saturday evening, the Nova Scotia branch of the Royal Canadian Mounted Police said on Twitter. The plane landed safely and police said they searched it using dogs.

"The investigation into the threat is ongoing," the RCMP tweeted. REUTERS

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- ☑ Coldness in your lower leg or foot
- ☑ Slower growth of your toenails
- ☑ Shiny Skin on your legs
- ☑ No pulse or a weak pulse in your legs or feet
- ☑ Erectile dysfunction in men

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Sources: Pfizer set to buy Allergan for more than $150 billion

The Pfizer headquarters in New York City GETTY IMAGES

Pfizer Inc. was due to secure formal board approval on Sunday for its acquisition of Botox maker Allergan Plc for more than $150 billion, making it the health care sector's largest deal ever, according to people familiar with the matter.

The agreement is set to draw political ire in a U.S. presidential election year for Pfizer's decision to use the transaction to redomicile in Ireland, where Allergan is registered, in a so-called "inversion," thereby reducing its corporate tax rate.

It will also reignite debate in the pharmaceutical industry over the role of research and development, with Allergan Chief Executive Brent Saunders, a prolific dealmaker and a skeptic of in-house drug discovery, joining the combined company in a position to influence its strategy.

The deal would involve Pfizer paying with 11.3 of its shares for each Allergan share, the people said. There will also be a small cash component, accounting for less than 10 percent of the value of the deal, the people said.

Pfizer's Chief Executive Ian Read, aged 62, will be CEO of the combined company, with Allergan's CEO Brent Saunders, 45, serving in a very senior role focused on operations and the integration, the people added.

Saunders will also have a seat on the combined company's board, one of the people said.

The sources asked not to be identified because the terms of the deal are not yet public. Pfizer and Allergan declined to comment.

Widely used Pfizer drugs such as Lipitor, Viagra and nerve pain treatment Lyrica would be brought together with Allergan's Botox, Namenda memory loss treatment, Restasis dry eye medication and other leading eye-care brands.

It would be the biggest merger of the year, topping beer maker Anheuser-Busch InBev's proposed $107 billion takeover of SABMiller Plc. And it would realize Read's longtime ambition of an "inversion" deal that would get Pfizer out from under the 35 percent U.S. corporate tax rate, among the world's highest. The tax rate in Ireland is 12.5 percent.

The U.S. Treasury last year, and again last week, updated its rules on inversions to make it harder for companies to avoid U.S taxes by moving overseas. But experts have said these moves would do little to prevent Pfizer from inverting. REUTERS

BRIEF

Mali deepens probe after deadly attack on luxury hotel
Mali said on Sunday that investigators were following "several leads" after 19 people were killed in an attack on a luxury hotel claimed by two jihadist groups.

Islamist militants' most deadly strike on the West African country in years ended on Friday when Malian commandos stormed the Radisson Blue hotel after an eight-hour siege and freed 170 hostages.

But two days after the attack, for which responsibility has been claimed by both Al Mourabitoun and al Qaeda in the Islamic Maghreb (AQMI), little more has been revealed on the identity of the attackers.

"Several leads are being followed. The hotel that was attacked is being combed through carefully," according to a statement on state television.

A Malian intelligence agent said that a total of 13 foreigners were killed, including six Russians, three Chinese, two Belgians, an American and a Senegalese.

Israeli media had earlier reported one dead, but the Malian source was not able to confirm the information.

President Ibrahim Bouba Keita has said that both gunmen at the hotel were killed on site although an eye witness had previously said there was at least one additional attacker.

Former colonial power France is assisting with the probe and has sent in a team of elite investigators to assist.

The bloodshed in the capital Bamako is the latest sign of deepening insecurity in the West African country. REUTERS

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Sofia Vergara and Joe Manganiello tie the knot

ALL PHOTOS GETTY IMAGES

After a year of what feels like an unprecedented number of celebrity divorces, finally some news from the other end of the relationship spectrum: Sofia Vergara and Joe Manganiello have gone and done what they've been threatening to do all year — get married. The very tall, very attractive couple tied the knot at the Breakers Palm Beach Resort in Florida Sunday afternoon following a lavish weekend of festivities, according to CNN. Vergara and Manganiello got engaged almost a year ago in December after six months of dating, so this is some impressive swiftness.

the word

NED EHRBAR
ned.ehrbar@metro.us

Justin Bieber re-romances Selena Gomez

Just when she thought she was out, he pulls her back in. Justin Bieber was spotted out at the bar at the Montage Hotel in Beverly Hills this weekend with none other than ex-girlfriend Selena Gomez — who just wrapped up an extended press tour filled with interviews about how she's finally moving on from their tumultuous relationship. But perhaps talking about it so much got her back into the idea. Or maybe it's Bieber's seduction techniques: An eyewitness spotted Bieber serenading Gomez with "My Girl" at their table — and shared video on Instagram. Ew, gross. Also, why was there a piano player and a mic at the ready for his impromptu performance? One more thing: Now Bieber has ruined "My Girl" for me — both the song and the Anna Chlumsky movie. Sheesh.

DAILY VIDEO

@TRUTV/YOUTUBE

'Billy on the Street' does the Thanksgiving parade

Move over, Macys, there's a new Thanksgiving tradition in town. Billy Eichner goes all out for "Billy on the Street" this holiday with a new take on the big parade, with balloons of Rooney Mara and Sean Penn instead of Charlie Brown and SpongeBob and floats dedicated to "The United States of Tara." Katie Couric even shows up to be a great sport as co-host, but nothing really tops the marching assistant publicists. It truly is the most wonderful time of the year.

Kylie Jenner maybe dumped Tyga

The Kardashian J.V. locker room was abuzz this weekend with news that Kylie Jenner dumped Tyga on his 26th birthday. It all apparently went down because of "something Tyga did," according to E! News. "They are on a break," a source says. "Kylie wants time to just be herself and do her." But! Days later Jenner Snapchatted a pic of their legs along with, "Everyone needs to chill." And you know nothing speaks louder than supervague Snapchats.

Adele and Jennifer Lawrence hanging out together again

Everyone's freaking out — with good reason — about the fact that Adele was spotted getting some quality hang-out time in with Jennifer Lawrence and her "Hunger Games" guys, Liam Hemsworth and Josh Hutcherson, this weekend at New York's Waverly Inn — which is still, apparently, a thing. But while this team-up is indeed awesome — and should be encouraged — it is not at all surprising or unprecedented. Perhaps you don't remember back in January when the two ladies, along with Harry Styles, made a drunken scene throwing olives at people at a restaurant in L.A. and were utterly adorable? No word on what kind of mischief they got up to at the Waverly, but as far as these two being pals goes, I'm all for it.

@rickygervais
Remember that everything I tweet is aimed at YOU personally. This will allow you to get upset and misunderstand things without unfollowing.

@lordemusic
when the princess diaries movie came out mia's bushy eyebrows were super freaky and now in 2015 everyone's like .....i want it

@carrieffisher
Darth Vader is just like us

@MarlonWayans
You will do nothing but waste energy and time. Less is the new more.

@JohnCleese
Some people think I intended to call Jerry Hall a pig. Not at all. Murdoch is dating Jerry AND a pig. But Jerry doesn't know about the pig

@FINALLEVEL
I love when people TRY and tell ME what's cool.....lol

Time-traveling

Chiwetel Ejiofor takes on playing an FBI agent at two different points in his life.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Julia Roberts and Chiwetel Ejiofor are on the hunt for a killer in "Secret in Their Eyes." KAREN BALLARD

For "Secret in Their Eyes," Chiwetel Ejiofor teams up with Nicole Kidman and Julia Roberts and takes on a unique acting challenge: playing the same character — an antiterrorism agent searching for a killer — during two distinct periods of his life, 13 years apart. While a little gray in the temples certainly helped, Ejiofor found some other unique ways to distinguish the two versions of himself.

What was it about this character that really interested you?

I liked the idea of dealing with this character in two different time periods, thereby being able to reflect and engage with the obsessional qualities that he has. I'm sure it's a part of his character anyway, but these circumstances that he's in kind of highlight his propensity to become obsessed. It becomes a very interesting story about this guy's psychology, the demons at play within him.

Did you do any work for yourself as far as what his life was like in between?

Yeah, I mean, building a sort of background for him and what his life was — his romantic life and his professional life — and just sort of filling in the gaps of that was really helpful. But the main event for him is that there's like a sound that he can't get rid of. I thought of it as almost literal, almost kind of a ringing sound that he could never escape. He has the knowledge that the only way he'll ever get past or get through it is by finding the guy who did the [crime]. So the main thing for him in that time is that he cannot break free of this obsession, this need.

If you're imagining an actual ringing in your ears, does that drive you crazy by the end of the shoot?

[Laughs] Yeah, I mean if it were to really manifest. It's obviously metaphorical, but there's definitely a sense of that with him. And that's why I think when he starts to confront the guy, it just takes on its own quality.

Did you watch the original Argentinean film before the shoot?

No, I didn't see it beforehand. I've seen it since. I felt like it was going to be interesting to me to be able to take a look at it afterward. What I always suspected was that the films would be very different because an American version of an Argentinean film, I think, just sort of culturally comes from a different place and would therefore go down a totally different avenue. And I think that's true of the films, that they become cousins in a way. They're not directly related. They follow some of the same narrative principles, but the characters exist in totally different universes.

Can you find a cultural difference between an American and Argentinean version of a story?

In a sense, in the Argentinean version, there's something quite delicate and tender in the center of it that is slightly different from the Americanized version of the film, which is quite muscular, you know? And it has a slightly different feel to it. It's quite different. I think both things work, but I don't think they could be overlapped. I don't think you could make an American version of the film that could sustain that kind of tenderness.

What a difference 13 years makes

On a purely cosmetic note, how do you differentiate the older and younger verions of your character?

Hopefully that does come through. [Laughs] It certainly was attempted. But it's not a time period where there's a massive difference. If I think of myself 13 years ago, I think I would look a little different but — I hope — not significantly. You're sort of relying on the nature of how he has been thinking and whether that is physically manifested — the nature of this obsession and how it has burdened him and weighed down on him is what has made him older. He's kind of grown up with that. I mean, I can see it. I don't know if anybody else can.

GETTY IMAGES

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Fighting demons with Angel Haze

After battling depression and suicidal thoughts, Angel Haze has fought to the other side, and finally takes a breath.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Angel Haze has had a rocky year. The 23-year-old rapper — who is agender and goes by gender-neutral pronouns — overdosed and entered rehab in the spring, following a breakup with model girlfriend Ireland Baldwin.

The Detroit native shot to fame after the release of "Dirty Gold" in 2013 and returns with "Back To The Woods," which shows the artist's commitment to work through the pain.

"The woods is a metaphor for a place of gratitude, and the only place you can be free," Haze explains. "It's a place completely unaltered, so going back to the woods is like going back to a form of myself that didn't allow anyone to f—k with me. … It can be a hard place to find when you are in the trenches of the world."

Angel Haze plays S.O.B. (204 Varick St.) tonight at 7 p.m. PROVIDED

Fleeting emotions

Happiness has never come easy for Haze. The rapper feels happiness is more of a mood than a state of being. "It's fleeting, like every emotion we all feel," Haze explains. Haze is making a point to relish in happy times more, by getting a tattoo of a flowerpot, adding a new flower every time the performer feels joy.

"Living is the best way of getting through anything," Haze says. "If I try to run away from what I was experiencing the past year, I would not have grown. I see how [the world is] and I want to change it so vigorously."

Until now, Haze's music has focused on how harsh and dark the world is. But this new album is about finding freedom in the midst of that reality. "In the past, I just made people feel suicidal. Now, I'm giving them hope, and that's an amazing feeling," Haze says.

Finding freedom in love

Haze's perception of romantic love has changed as well. The performer tells us that in the past relationships were borderline "psychotic" or at the very least self-serving.

"I learned the looseness of love and how it falls through the cracks," Haze now says.

"It was important for me to accept that everything around me is acting in love — even if it's not — and feel that." To that end, Haze says the next relationship will allow for more freedom.

"The only love I want is the love that lets me pursue everything my heart desires," Haze says. "You can be someone's cocoon for a short amount of time, but then you have to let them get out. Love allows you to transform, and have that freedom."

Home is a place to hide

When Haze was a child, there were times when the artist was homeless. But even though Haze now has a place to live, that feeling of being displaced has stayed.

"At times I wake up at 4 a.m. and shoot up, wondering where the f—k am I? I don't know what [having a home] feels like yet. Being outside with the trees, being able to breathe somewhere that no one can find me, that feels like home to me. I've gotten pretty good at being in the woods."

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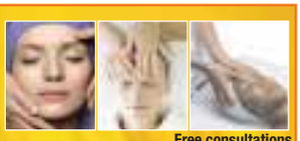
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May the (fashion) Force be with you

"Star Wars: Episode VII – The Force Awakens" is almost here. And the world's biggest franchise doesn't come quietly. Aside from the super-fans dressed as everyone from Darth Vader to Chewbacca, there's the merchandising angle: hats, shoes, T-shirts and even makeup. **ELODIE NOËL**

1 Undiz

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STAR WARS BOXERS, $10, UNDIZ.COM

2 CoverGirl

The makeup brand takes your look into another world through a collaboration with celebrity makeup artist Pat McGrath. The beauty expert, a fan of the franchise, has created two looks: Droid, inspired by C-3PO, has "strong gold eyes and gold lips," while Stormtrooper has a "graphic eye" and a "dark berry lip." Whether you're a Rebel or part of the Empire, you can show your allegiance with the STAR Wars Limited Edition Collection, which includes 10 mascaras, six metallic lip shades and six nail polishes inspired by the film's famous characters.

CoverGirl x Star Wars Limited Edition Colorlicious Nail polish
$5, COVERGIRL.COM

CoverGirl x Star Wars Limited Edition Colorlicious lipstick
$7, COVERGIRL.COM

CoverGirl x Star Wars Limited Edition Super Sizer Mascara
THE DARK SIDE
$7, COVERGIRL.COM

3 New Era x Star Wars

The Star Wars caps and beanies already moved faster than a Millennium Falcon, selling out in hours. But keep your eye out for these snapbacks on eBay — they're sure to be a collector's item in the future.

$30 TO $56, NEWERA.COM

4 Irregular Choice

This is a shoe-in for any Star Wars geek. Styles come with an embroidered or printed film reference from characters like R2-D2, or elements like the Death Star battleship. They've even redefined the meaning of killer heels, thanks to pumps with a light sabre that flash with every step.

Irregular Choice the Death Star heels
$270, IRREGULARCHOICE.COM

Irregular Choice C3PO flats **$159, IRREGULARCHOICE.COM**

Irregular Choice R2D2 heels
$220, IRREGULARCHOICE.COM

Irregular Choice Yoda heels
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5 Mr. Monkies shoes

Awaken your creative side with these customizable sneakers. Each pair comes with example Star Wars sketches, so you can join team Skywalker or turn to the "dark side" by erasing and redesigning.

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HOW TO GET AHEAD

Teaching cultural understanding

An educational program brings classrooms in the Middle East and America together through videoconferencing.

RAQUEL LANERI
@RaquelLaneri
raquel.laneri@metro.us

There's a lot of debate happening across the U.S. about the Middle East — particularly in the wake of terrorist attacks in Paris and Beirut and due to the current Syrian refugee crisis. And as the arguments rage on, it's clear there's still so much Americans don't understand about the region — and vice versa.

Bridges of Understanding wants to narrow that gap. The nonprofit organization, launched in 2007 by former Jordan ambassador Karim Kawar, is bringing American high school and middle school students together with their peers in the Arab world through videoconferences and cross-cultural exchanges.

Students at the Urban Assembly Bronx Academy of Letters participating in Bridges of Understanding. AMIN FERNANDEZ

"As regions, we've been a constant presence in each other's lives but in this way that's been purely rooted in war and unrest," says Executive Director Faisal Al-Juburi. "But once these kids start reading about each other and having conversations, they're like, 'You know, at the end of the day, we're all going to school and trying to do right by ourselves and our friends and family — and we all listen to Taylor Swift,'" he laughs.

"It starts to dispel a lot of myths about the quote-unquote 'other.'"

How it works: Bridges of Understanding pairs a classroom in the U.S. with one from the Arab world from, say, Egypt or Palestine or Saudi Arabia. Each U.S. classroom is prepped ahead of time with a History of the Arab World 101 class — the Middle Eastern students get an American history primer — before embarking on different units exploring such issues as media bias, global citizenship and human rights. These culminate in an hour-long videoconference between the two schools.

Meanwhile, a middle school program launched earlier this year in partnership with NextLesson.org provides 11 lesson plans guiding students through the relationship between Arab and Western cultures, from the Middle Eastern folktale on which "Romeo and Juliet" is based to the influence of Arabic music on Western pop.

"We wanted to make the curriculum exciting and engaging," says Al-Juburi. "We wanted to find how students can have that 'a-ha' moment where they realize that so much of what is viewed as the 'other' is actually already interwoven into our everyday American experience."

Al-Juburi says that many students go on to study international relations or global affairs once they finish the program and go to college. "They get intrigued about this whole concept of a world beyond the U.S. That's a major priority for us in all our programming — how we use the art of storytelling to humanize the 'other' so that construct ceases to exist."

Program profile

- 50 classrooms worldwide
- 1000 participating students
- Arabic schools in Bahrain, Egypt, Jordan, Lebanon, Morocco, Palestine, Saudi Arabia and Tunisia
- U.S. schools in Alaska, Georgia, Illinois, Indiana, Massachusetts, Michigan, New Jersey, New York, Rhode Island, Texas and Virginia

Tuition revenue will grow about 2 percent this year, a far cry from the booming years of 5 percent annual growth. ISTOCK

Will college actually be affordable one day?

A study from Moody's finds that sluggish tuition increases are the "new normal."

U.S. universities and colleges should expect to see slow tuition growth next year, according to a report released Thursday by Moody's Investors Service.

Higher education institutions have suffered the weakest tuition growth in the history of Moody's survey, which calls such sluggishness the "new normal." Moody's predicts tuition revenue will grow only about 2 percent this year as well.

That may sound all right — after all, it's not like revenue is declining — but it's a significant departure from the booming years of 2005 to 2013. Back then, schools saw net tuition grow more than 5 percent annually.

For almost two-thirds of public universities that rate is now under 3 percent — in part because of state-imposed limits to keep tuitions low, but also because of student enrollments that are either flat or declining. Meanwhile, 44 percent of private universities are slashing their price tags by more than half.

44%
OF PUBLIC UNIVERSITIES ARE CUTTING TUITION BY MORE THAN HALF

Of course, there is an increasing divide between schools with national brands and strong student pipelines and those without. Law schools and other universities that cater to niche markets are most exposed to volatile swings in revenue, for example.

Regional distinctions persist as well. Around the country, schools in the South and the West are projected to have stronger revenue growth. The Northeast and Midwest will experience more pressure.

Overall, 40 percent of universities reported lower enrollments this fall than five years ago.

To ease the fiscal stress, many schools have turned to recruiting international students who can pay full tuition.

But, as Moody notes, such a strategy is hardly "a panacea, given the relatively small portion of total enrollment and increasing competition for these students." REUTERS

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3 Creativity hacks for when you're feeling uninspired

Facebook designer Tanner Christensen tells us his favorite ways to get out of a rut.

RAQUEL LANERI
@RaquelLaneri
raquel.laneri@metro.us

Tanner Christensen wants you to think outside of the box.

"The biggest misconception about creativity is that, first and foremost, it's an artistic endeavor only," says the Facebook product designer, app developer and author.

Christensen's latest book aims to get uninspired folks out of their funk. "The Creativity Challenge: Design, Experiment, Test, Innovate, Build, Create, Inspire and Unleash Your Genius" offers 150 prompts to get your brain churning and your hands creating.

"I've been researching and writing on creativity for the past eight years now, and I've learned that creativity is really complex — even neuroscientists have a hard time describing what it is and how it works," says Christensen. "But there are some undoubtedly more straightforward parts of creativity that we can consciously incorporate into our lives. So I've wanted to put something together that could help people make small changes or break away from their usual mental routines."

Christensen shared a few of his favorite creativity hacks with us.

Feel stuck? Try free-writing prompts, Christensen suggests. ISTOCK

Free writing

"I try to make a daily habit of spending at least five minutes just writing whatever comes to me. I actually made a little app a while ago called Prompts that will remind me, every night at 8 p.m., to do my writing, if I haven't done it by then. I'll open the app and it'll say, 'Write about this' or 'Answer this question' or 'Finish this sentence.' It really leaves me feeling energized to do something else, or sometimes it'll spur some new ideas in me."

Inspiration objects

"I'm a genuinely curious person, but sometimes I do need to get out of my routine. One way I do that is by always having one or two random books on my desk, and I'll swap them out weekly, so I have something new to reference when I feel stuck. I also have canvases lying around my apartment, so I have all these tiny things around me to help spark a motivation to try new things and explore."

Mind games

"When I was writing the book, I wanted to see what kinds of activities I could create to mimic divergent thinking — or that ability to bounce from one idea to the next really quickly. A good example is [to] look at the physical book itself and think of something else that it could be. Maybe you could make it a hat, or a paperweight, or you could cut off the cover and make it a poster, or if you were feeling aggressive you could use the book to get someone's attention on the other side of the room. That's often a great way to get unstuck."

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Jets officially in a tailspin

The Jets fell to 5-5 on the season, losing in Houston, 24-17.

KRISTIAN DYER
@KristianRDyer
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The Jets are now in a free fall, losers of four of their last five games, following a 24-17 loss at the Houston Texans on Sunday.

With the loss, the Jets are now 5-5. Perhaps their worst game of the season, the Jets never led, going down 3-0 early in the second quarter. They managed to tie the game at 10-10 in the third quarter when Ryan Fitzpatrick found Brandon Marshall for a 21-yard reception. But they were forever chasing, their offense stuck in neutral until the third quarter and the defense showing very little.

It was a sloppy game on both sides of the ball for the Jets, who fell behind 24-10 early in the fourth quarter. New York had seven penalties for 54 yards but it was the untimely character of most of the penalties that sunk this team at important moments. To make matters worse, Darrelle Revis left with a head injury and underwent concussion protocol.

DeAndre Hopkins jets past Darrelle Revis Sunday in Houston. GETTY IMAGES

1 DEFENSIVE STRUGGLES

Against Texans backup quarterback, T.J. Yates, the Jets struggled to stop the offense. Yates had a solid day, as did DeAndre Hopkins — who had five catches for 118 yards and two touchdowns.

For more Jets coverage, visit **metro.us**

The Jets pass rush was supposed to have a field day but had just one sack, allowing the secondary to get picked apart by a methodical Texans offense. Head coach Todd Bowles was supposed to be a defensive guru but his unit has been average at best in recent weeks.

2 THUMBS DOWN

After having surgery for torn ligaments in his left thumb nine days earlier, Fitzpatrick didn't miss a start as he played every snap against his old team. Against the Texans, he looked decidedly average. There was a third-quarter touchdown pass to Marshall and then a 6-yard touchdown in the fourth quarter. But there were also some bad throws down the field as well as two fourth-quarter interceptions that killed any chance of a Jets comeback. Fitzpatrick doesn't shoulder all the blame as he is clearly not at 100 percent. Perhaps Geno Smith is a better option at this juncture.

3 MELTDOWN CITY

After a 3-1 start to the year, the Jets are in serious trouble. Not only have they dropped to 5-5, the win levels the Texans' record to 5-5 — allowing another team to get into Wild Card position. It is hard to see this team making the postseason, at this point, with six games left. The Jets have very little room for error moving forward. Frankly, they just aren't good enough right now to extend their season.

Crew cut down Red Bulls

The Columbus Crew took Leg 1 of the MLS Eastern Conference finals Sunday, beating the Red Bulls in Columbus, Ohio, 2-0. Leg 2 of the series is next Sunday at Red Bull Arena. For full Red Bulls coverage, please visit Metro.us. GETTY IMAGES

Eagles and Redskins both blown out while Dallas gets back in win column

The Giants, who were on a bye, sit alone atop the lowly NFC East with a 5-5 record.

LUKE MILLER
@LukeFM7
sports@metro.us

Doug Martin lit up the Eagles for 235 rushing yards, 177 in the first half and Jameis Winston (19 of 29, 246 yards, 5 TDs) became just the second rookie in NFL history to throw five touchdowns in a game as the Bucs rolled over Philly, 45-17. Making his first start of 2015, Mark Sanchez (26-41, 261, 2 TD, 3 INT) threw an interception for the sixth straight game, and has thrown at least one in nine of eleven appearances with the Eagles.

Broncos 17, Bears 15
Starting for the first time in the NFL, on his 25th birthday, Brock Osweiler (20 for 27, 250 yards, 2 TDs) got Denver a 17-15 victory on a rare day where all aspects of the Broncos offense were working. Ronnie Hillman had 102 yards rushing and C.J. Anderson chipped in with 59 more. Osweiler's tight ends combined for 137 receiving yards, and the Broncos finished the game without a turnover just one week removed from when Peyton Manning threw four interceptions.
Jay Cutler (18 of 33, 265 yards, 2 INTs) had his first multiple-interception game of the 2015 season as the Bears struggled all game to finish drives.

Lions 18, Raiders 13
Matthew Stafford (22 of 35, 282 yards) ran for a touchdown to give the Lions the lead in the fourth, and their second straight victory. For Oakland, it was its third straight defeat in what was once a promising season. Derek Carr (13 of 25, 169 yards) and the Raiders offense endured their worst performance of the season against Detroit, totaling 214 yards.

Cowboys 24, Dolphins 14
With reports before the game that Tony Romo (18 of 28, 227 yards, 2 TDs, 2 INTs) was playing at risk of reinjuring his clavicle, Dallas' season was at stake in more than one way Sunday. Both the Cowboys and Romo emerged unscathed, however, for their first victory in seven weeks.

Darren McFadden had 129 rushing yards, and Dez Bryant and Terrance Williams both caught touchdowns from Romo. The Dolphins lost the time of possession battle to the Cowboys 21:10 to 38:50.

Zach Ertz is upended by Tampa Bay's Lavonte David Sunday in Philadelphia. GETTY IMAGES

Ravens 16, Rams 13
Joe Flacco (27 of 44, 299 yards, 1 TD, 2 INTs) suffered a torn ACL on the Ravens' final drive, but remained in the game and put the team in position for Justin Tucker to hit a 47-yard field goal as time expired. It was a costly third victory for the Ravens, as Justin Forsett broke his arm, and Flacco will be shut down for the season.

The St. Louis offense struggled as much in Case Keenum's (12 of 26, 136 yards, TD) first game as starter as it had under Nick Foles. Todd Gurley had 66 rushing yards and zero catches, his lowest total yardage output as a starter yet this season.

Panthers 44, Redskins 16
Washington kept pace with Carolina for one quarter, and then watched as the Panthers reeled off 30 straight points before punter Brad Nortman intentionally took a safety with 16 seconds left.

Cam Newton (21 of 34, 246 yards, 5 TDs) threw touchdown passes to five different receivers as the Panthers' passing game took advantage of a rare opportunity to shine. Jonathan Stewart caught one of those and added 102 rushing yards to the mix.

Washington finished with five turnovers, three by Kirk Cousins (22 of 30, 207 yards, TD, INT), and just 14 rushing yards on 12 total attempts.

Colts 24, Falcons 21
Adam Vinatieri hit another game-winning field goal, this time with 52 seconds left, and the Colts improved to 5-5, 3-0 when Matt Hasselbeck (23 of 32, 213 yards, 2 TDs, 2 INTs) starts. The win keeps the Colts in first in the AFC South and continues the march to a possible division-deciding game against Houston on Dec. 20.

For Atlanta, the game is another disappointing loss, and one that mirrored the season at large for the Falcons. They led this game 14-0 and 21-7, and were once 5-0 in a season where their record now sits at 6-4. Devonta Freeman suffered a concussion after gaining 48 yards on his first three carries Sunday.

Around the NFL

Packers 30, Vikings 13

Seahawks 29, 49ers 13

Chiefs 33, Chargers 3

Buffalo takes on New England tonight (8:30 p.m., ESPN)

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Phone: **(212) 844-5023**
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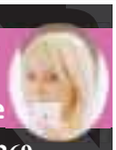

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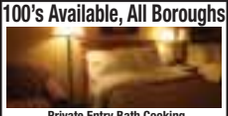

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Aries Financial gain is apparent. Assert your needs and wants without being overbearing. Tact and diplomacy will enable you to charm people.

Taurus Avoid lending and borrowing. Call in loans and pay off as many debts as you can to avoid being left in a compromising position.

Gemini Your innovative concepts will provide you with a new direction. Focus your efforts on what you enjoy doing to end up with a lucrative sideline.

Cancer Don't be content with just getting by with what you have. Educate yourself about topics that are relevant to your profession.

Leo You must be aware of what your competition is doing. It's apparent that someone is trying to undermine your credibility.

Virgo Unanticipated changes within the family will cause emotional distress. Do your best to avoid finding fault or placing blame on others.

Libra Be honest about your feelings and intentions. The time and effort you put into your personal relationships will be proof of your devotion.

Scorpio This is an opportune time to show others what you have to offer. Make the best of any opportunity you get to enhance your self-esteem.

Sagittarius Keep your plans to yourself if you don't want someone else to end up taking credit for your hard work. Someone will let you down.

Capricorn Stay in the background where you can get a better view. Careful timing will ensure that your work will reach a wide and receptive audience.

Aquarius Love is in the stars. You may feel like splurging, but resist the urge to overspend or you will fall short when your monthly bills arrive.

Pisces Showcase your ideas to anyone who can help you move forward professionally. Trying to do everything will be disheartening. EUGENIA LAST

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Across

1 — kebab
6 Repair
10 Mongol ruler
14 Grinding machine
15 Actor Sharif
16 Festive log
17 "— —You Knocking"
18 Big wheels
19 Bauxite et al.
20 It's often served with salt
22 Dark ale
23 Unbounded joy
24 Air-mass boundaries
25 Whitewater
28 Chieftain's plaid
30 Ram constellation
31 Whale, old-style
36 Med. plans
37 Hanker after
38 Quasimodo's creator
39 Analysis opposite
41 Heaped up
42 TV genie portrayer
43 Pinball palace
44 Stuffed corn husk
48 Jedi ally
49 Flat-tasting
50 The other way round (2 wds.)
55 Put— — in one's ear
56 Granary, often
57 Unsuitable
58 Painter -- Magritte
59 Like some orders
60 Sturdy fabric
61 Ice floe dweller
62 "Anything —?"
63 Proofreads

Down

1 Willowy
2 Big laugh (hyph.)
3 Anatomical passage
4 Most hairy
5 Ushers in
6 Multiplex offering
7 Discharge
8 Auto-supplies store
9 Rx givers
10 Temple city of Japan
11 Erie neighbor
12 Kayak owner, maybe
13 Twiggy abodes
21 Home tel.
22 Sp. miss
24 Dart about
25 Stadium noise
26 Ant horde
27 Subatomic particle
28 Kline or Costner
29 Currier's partner
31 Get trounced
32 Set
33 Luau number
34 Made cheddar better
35 Leaf juncture
37 Yield by treaty
40 Cuddled
41 Supply
43 Blow away
44 Ski lifts (hyph.)
45 "Tiny Alice" playwright
46 Hawaii's -- Loa
47 Venezuela falls
48 Quebec school
50 Perfume bottle
51 Woes
52 Sari sporter
53 Hiss
54 24-hr. tellers
56 Sault — Marie

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hard

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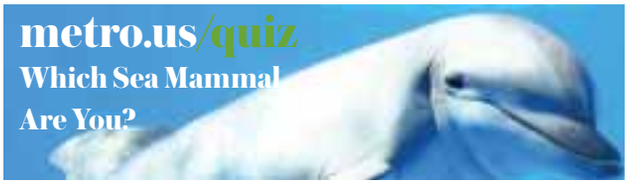

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Last Word Standing

Use the clues to cross out the words in the boxes. One word will be left over. This last word standing is the mystery answer.

CLUES:
All rooms in a house
All currencies
All investing terms
All things worn on a foot
All organs
All sandwich ingredients
All words that contain the letter 'H'
All mythical creatures

Kidney		Salami
Unicorn	Attic	Sandal
Slipper	Mnemonic	Lung
Peso	Asset	Market
Impeach	Basement	Werewolf
Portfolio	Wheelbarrow	Dinar
Mustard	Mermaid	Study
Pound	Tomato	Pickles
South		Liver

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Wheel Words

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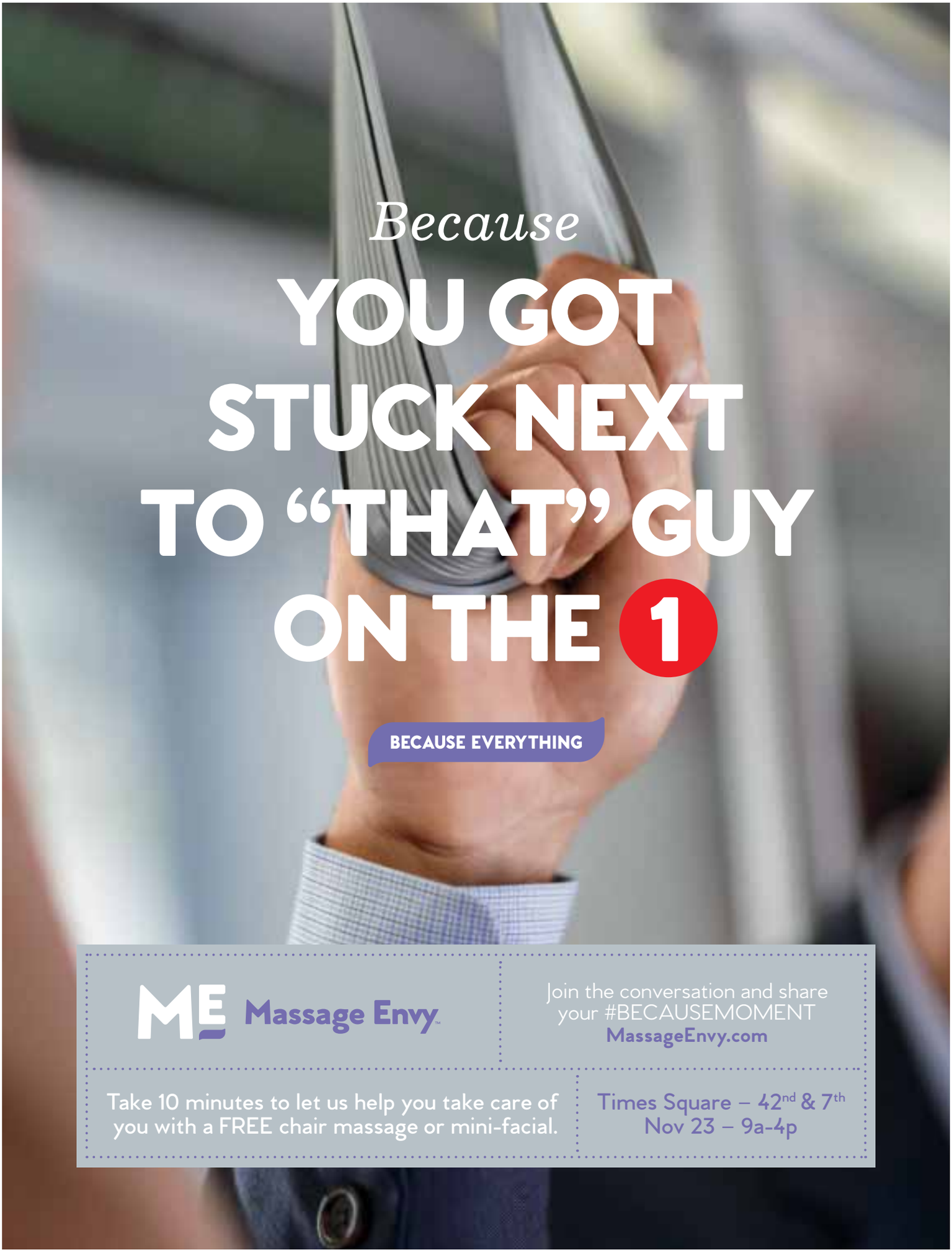
Create as many words of four letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the nine-letter word using up all letters.

10 Good • 12 Very Good • 15+ Excellent



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